

# Positive Choices

2008 Edition

## Meal Planning & Recipe Guide For Families



A simple guide with healthy recipes, healthy thoughts, and helpful information for busy families.



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*"If you aim to shield and safeguard your body, begin with how you fuel it. Your body is a temple and a healing pool. How you feed your Self reflects back to the world your most inner passions and convictions about yourself. Everything we are or aspire to become begins with how we nourish our bodies."*

**Kathy DuChene**  
*Registered Dietician*  
Sutter Lakeside Hospital & Center for Health

*"The Positive Choices recipe book is a fine introduction to healthy eating and living. In the promotion of a more natural foods and unprocessed diet, we are acting as stewards of the internal physical environment and the emotional well-being of the readers and their families."*

**Steven West**  
*Naturopathic Doctor*

Today, more than ever, parents struggle to balance busy lives and the need for nourishing their children with good, wholesome, home-cooked food. This booklet is a resource for all parents who want to feed their families well, but aren't quite sure how to pull it off between soccer practice and dance recital. It is for all parents who feel overwhelmed when they face the big question of the day... "What's for dinner?" It is for all parents who wonder how to improve the health of their families but don't have time to research menus or read about the latest nutrition news. It is for all the parents who despair that their children just don't like healthy food.

This easy guide offers simple steps to clear your house of unhealthy food and stock your pantry with positive choices. It will help you plan a weekly outline of meals which will help to keep your food budget manageable. By offering family-friendly recipe choices, it will help you add variety and nutritional value to start the day off right and end the day with a well-balanced family meal. It offers practical advice and information gleaned from nutritional research and parenting resources so you can feel confident you are creating good health and teaching positive lifelong habits. Lastly, it offers a bit of inspiration to help you stay on track when the going gets tough.

Take what you can from this simple book, and leave the rest, for now. Progress is simply making more positive choices in this day or this week than in the last. Focus on the positive choices you and your family do make, and feel good about these. Each time you make a positive choice, you have created more good health in your family and in the world. Remember, "Healthy People are Contagious!"

*Congratulations!*

You have just made a **POSITIVE CHOICE** by picking up this guide!



# SUTTER LAKESIDE LIFEBERG

## FOUR LEVELS OF HEALING

First Level

*Signs of Sickness;*



Second Level

*Healthy Body;*

Third Level

*Healthy Thoughts  
& Feelings;*

Fourth Level

*Healthy Person*

### SUTTER LAKESIDE LIFEBERG Four Levels of Healing

We use an iceberg to illustrate the four levels of healing. The portion of the iceberg that you can see above the surface of water is only a small portion of the much larger portion below the surface. Your health is similar to the iceberg: what you see and feel on the surface is only a small portion of your health. Sutter Lakeside Hospital and Center for Health invites you to explore your own personal "Lifeberg" and learn ways to heal at all levels. Healthy thoughts and feelings create a healthier body, healthier person and...

*"Healthy People are Contagious!"*



Sutter Lakeside  
Hospital  
& Center for Health

First Level

*Signs of Sickness;*

Second Level

*Healthy Body;*

At Sutter Lakeside Hospital & Center for Health, we believe that people have the ability to create their own good health. You are participating in Level 2 healing when you love yourself enough to follow the suggestions, to the right, for a healthy lifestyle.

Third Level

*Healthy Thoughts  
& Feelings;*

Fourth Level

*Healthy Person*

- Eat a healthy diet!
- Exercise daily
- Choose a tobacco free lifestyle
- Create a habit of taking deep belly breaths often during the day
- Strive to create a balance between work, play, study and rest in your life
- Sign up for classes at Sutter Lakeside Hospital & Center for Health

## Six Easy Steps to Healthy Eating

**1** Clear your pantry of unhealthy food. The easiest way you, as a parent, can help your family eat good food is to bring into the house only what you want them to eat. Use our “Clear the Pantry” list for what to throw out.

**2** Stock your pantry with basic healthy ingredients. Use our “Stock your Pantry” list for what to buy.

**3** Plan healthy, balanced meals ahead of time, including snacks and treats. Use our menu planning chart to help you make a weekly plan. This should also help with managing your budget, especially if you resist the temptation to mini-shop during the week.

**4** Try new recipes gradually and with little fanfare. Family members can enjoy new and healthy recipes if they don’t feel pressured to eat them. It is okay to keep some ingredients a secret when you first introduce a new food.

**5** Model mindful eating and food habits. Choose what, when, and how much you eat with care and thought. While eating, create a quiet and positive environment, pay attention to the food you put in your mouth and breathe while you eat.

**6** Find inspiration and support. Eating healthy in a junk food world is not an easy task. Finding friends and resources to support and inspire you is important. If you find an inspirational quote in our guide that helps you, copy it on a note card for your refrigerator. Also, check out the websites and books we listed in the back of our guide for more information and recipes.

*“Give your kids the gift of healthy eating. It lasts a lifetime.”*

Anne Tait, M.D.



## "Clear the Pantry" List

Clearing the pantry of unhealthy foods is not wasteful, it's smart. Think of getting healthy through clearing your pantry as an investment in your family's future health. Good health is always cheaper than poor health in the long run.

Seeing unhealthy food is the first step in eating it. The old adage, "Out of sight, out of mind," works well when it comes to eating healthy. For most of the items below, we suggest you toss them in the garbage.

It may seem dramatic and extreme to some to throw out food, but the bodies in your family deserve better. If you let junk food hang out in your pantry next to healthier items, the temptation is difficult to overcome. Let packaged treats be an occasional item you buy for special occasions, not items that are regularly stocked in your house.

### Step 1: Things to toss (in the garbage!)

- Corn oil and hydrogenated oil such as Crisco
- All packaged crackers that do not meet the top three criteria: 1) whole grain in the top 3 ingredients 2) no trans-fat, and 3) no high fructose corn syrup
- All potato chips, cheese puffs, tortilla chips (baked and fried)
- All packaged cakes, cupcakes, and doughnuts
- Granola and breakfast bars with high fructose corn syrup, marshmallows, caramel, chocolate, etc.
- Popcorn with butter, high salt, or hydrogenated oil
- Soda pop (including diet)
- Candy
- Cereals that don't meet the top 3 criteria: 1) whole grain in the top two ingredients 2) sugar not listed in the top two ingredients and 3) 3 + grams of fiber per serving
- Peanut butter with high sugar and/or hydrogenated oil



## "Stock your Pantry" List

### Shopping ideas for adding healthy foods to your shelves.

- Healthy oils (Canola, extra virgin olive oil, high oleic safflower oil, Enova)
- All varieties of dried and canned beans for soups and salads.
- Canned tuna, salmon, and chicken (water packed)
- Vegetable and meat broths (Choose low sodium, low or no-fat)
- Brown rice, quinoa
- Whole grain or whole grain blend pasta
- Whole grain crackers (see criteria in "Clear the Pantry" List)
- Peanut butter/almond butter (with low or no added sugar and no hydrogenated oils)
- Whole grain hot cereals such as old-fashioned oatmeal/steel cut oats
- Cold cereals (see criteria in "Clear the Pantry" List)
- Nuts, seeds, and popcorn (low salt, no added oil)
- Sauces such as Tamari, Soy Sauce, Worcestershire and vinegars
- Real maple syrup, honey and other natural sweeteners such as agave, xylitol, or stevia.
- Spreadable fruit
- No-calorie flavored waters

Remember, take positive steps forward as you and your family are able. If you can't bring yourself to clear the pantry completely, choose a few items you can improve. Over time, small choices will accumulate and add up to big benefits.

### Good fats? Bad fats?

Fat is a necessary part of our diet, but not all fats are created equal when it comes to health. A basic healthy guideline is to limit fats and when cooking or baking, stick with healthier choices such as olive oil, Canola oil, safflower oil and Enova oil.

Avoid trans-fat. Trans-fat is not naturally occurring but is created by a process of hydrogenation, making it hard at room temperature. Some U.S. cities such as New York and Philadelphia have banned trans-fat completely from city restaurants due to the ill effects on the body. Check out labels and you will find "partially hydrogenated oil" in many packaged items. Avoid these products.

*"Each day is a fresh start. Renew your intentions based on your vision, not on your history."*

Carrie McClure,  
"Healthy Kids  
Are Contagious"  
Program Supervisor

Sutter Lakeside Hospital  
& Center for Health

You've heard it before; breakfast is the most important meal of the day. Research shows that kids and adults who eat breakfast perform better on mental tasks and have longer attention spans. Some research suggests that people who eat breakfast are less often depressed and have a higher satisfaction with their life. Because your body hasn't been nourished for 8-10 hours, eating breakfast is essential in setting yourself and your family up for a successful day.

### The Scoop on... Cold Breakfast Cereals

It's hard to get away with never serving cold cereal for breakfast when you have kids. Though many packaged cereals are more like dessert than breakfast, using some basic guidelines can make it a healthy choice.

- Sugar should not be in the first 2 ingredients.
- Whole grains should be in the first 2 ingredients and there should be at least 3 grams of fiber per serving.
- Seek out cereals the color of natural grains. Here are some healthy and yummy choices that fit the above criteria:

- Kashi Heart to Heart
- Barbara's Shredded Oats
- General Mills Kix
- Quaker Oatmeal Squares
- Kellogg's Multigrain Cheerios
- Total Raisin Bran



### French Toast Surprise

This is called "Surprise" because of its hidden ingredient, sweet potato. Did you ever imagine getting your kids to eat a vegetable for breakfast? Don't tell them, and they won't know.

- 3 eggs
- 2 egg whites
- 2 TB butternut puree (use baby food puree)
- ¼ tsp cinnamon
- 6 slices whole grain bread

1. Mix first 4 ingredients well in a shallow bowl.
2. Dip the bread slices on both sides for about 30 seconds in the egg mixture.
3. Heat a non-stick surface with a small amount of healthy oil, such as Canola oil. Add bread slices and cook for about 3 minutes a side.
4. Serve warm with syrup, peanut butter, or fruit. Freeze leftovers.



### "Wafflesticks"

*A fun variation of French Toast*

Using the French Toast recipe above, slice the bread into 2" strips before you soak it in the egg. If you are using left-over, frozen French Toast, cut the bread into 2" strips and defrost. Lay strips of French Toast (either fresh or defrosted) on a pre-heated waffle iron griddle. Close the lid and cook for approx. 4 minutes. Serve as finger food with a bowl of real maple syrup.

*Make it Healthy!*

Two egg whites can be substituted in most recipes in place of 1 egg to reduce cholesterol.

Pureed prunes can be substituted for oil in baking in a 1:1 ratio. By eliminating ½ cup oil and replacing with ½ cup prunes, you save 800 calories and 100 grams of fat.

*Honey Bran Breakfast Muffins*

Makes 12 medium muffins.

A deliciously moist, low-fat, easy recipe to be made the night before and cooked in the morning.

- 1 cup 100% bran cereal such as Kellogg's All Bran
- ½ cup white flour
- ¼ cup whole wheat pastry flour
- ¼ cup sugar
- 1 tsp baking soda
- 2 egg whites, lightly beaten
- 1/3 cup honey
- 2 ½ ozs baby food prunes (1 small jar)
- 2 TB molasses
- 1 cup reduced fat buttermilk
- ½ cup raisins

*The night before:*

1. Stir together cereal, flours, sugar, and baking soda.
2. Mix separately the egg whites, honey, prunes, molasses and buttermilk.
3. Add prune mixture to flour mixture and stir until moistened.
4. Fold in raisins.
5. Transfer batter to airtight container and refrigerate overnight.

*In the morning:*

1. Preheat oven to 375 degrees.
2. Spray muffin tins with non-stick spray (or use muffin liners)
3. Spoon batter into tins, ¾ full.
4. Cook for 20-25 minutes, or until a toothpick comes out clean.

*Super Boost Smoothies*

Makes 1 smoothie

This healthy snack is full of calcium, fiber, vitamins A & C, potassium, and antioxidants. For kid parties, add a bit of whipped topping and a tropical umbrella, and you have a festive and healthy drink.

Mix following amounts per person:

- ¾ cup orange juice
- ½ cup frozen fruit of choice (blueberries, raspberries, strawberries, mangoes, etc.)
- ½ frozen banana
- 2 TB pureed squash or carrots
- ¼ cup low-fat vanilla yogurt
- 2 TB non-fat dry milk

1. Add all ingredients to a blender and blend until smooth.



*Tip!*

Beware of so-called "Fruit Smoothies" at many restaurants. Most of them are made from pack-aged mixes full of added sugar and fruit flavorings instead of real fruit.

*Tip!*

When bananas start to brown on the counter, peel them and freeze them in baggies for smoothies & milkshakes

Choose orange juice with added calcium and Vit. D for an extra nutrient boost.

Use baby food puree if you don't have the time or equipment to make your own.

*Make it Easy!*

Super boost spread can be mixed and stored in the fridge for up to a week.

*"Often we focus on the whole picture of change, which can be quite stressful in our busy lives. Instead, let us focus on small changes we can make daily/hourly to bring about positive change and positive choices."*

Vera Crabtree  
Fitness Trainer/  
Nutritional Consultant  
Sutter Lakeside Hospital &  
Center for Health

*Bagel with Super Boost Spread*

*This spread offers a "super boost" of calcium.*

Serves 4

4 whole grain bagels or English muffins

*Spread:*

8 oz regular or low-fat cream cheese

2-4 TB no sugar spreadable fruit

2 TB instant low-fat dry milk

1. Mix the cream cheese, spreadable fruit, and dry milk in a small bowl until creamy. For fruitier flavor, add the full 4 tablespoons; for lighter fruity flavor, add less.
2. Toast each bagel or English muffin and spread with super boost spread.



*Cheesy Egg Puffs*

Makes approximately 6 puffs.

These puffs are far healthier than Cocoa Puffs or pastry puffs and give your family a good dose of protein to start the day.

1/3 cup sharp cheddar cheese, cubed

2-4 TB bacon bits salad topping

1 piece whole grain bread, cubed in small 1/2" pieces

2-4 TB spinach, finely minced

3 eggs

1/4 cup low-fat milk

salt and pepper to taste

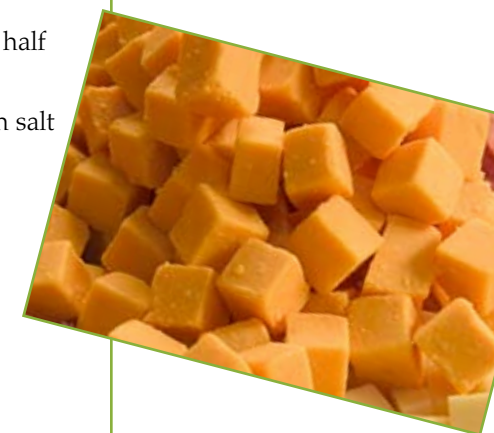
1. Preheat oven to 400 degrees.
2. Spray regular size muffin tins with non-stick cooking spray such as Canola oil or olive oil.
3. Stir together cheese, bacon bits, bread cubes, and spinach in a medium bowl.
4. Spoon mixture into bottom of muffin tins to fill half the tin.
5. Beat together eggs and milk. Season lightly with salt and pepper.
6. Pour egg mixture over bread mixture.
7. Bake for 30 minutes or until golden brown.

*Tip!*

Using bacon bits reduces the fat content but still gives that bacon flavor.

This dish is a great use for the crusts of bread or bread that is less than fresh.

For family members who don't like sharp cheddar, mozzarella is a milder taste.



*Tip!*

To make sure pancakes are not gooey, cook at a slightly lower temperature for a longer period of time than regular pancakes.

Serving *real* maple syrup adds a good dose of iron and calcium not found in other syrups. Check the label as some syrups are full of high fructose corn syrup and white sugar.

*Fluffy Pumpkin Pancakes*

Serves 4

These mildly pumpkin flavored pancakes are fluffy, yummy, and full of vitamin A.

- 1 cup white flour
- 1 cup whole wheat pastry flour
- 2 TB brown sugar
- 1 TB baking powder
- ½ tsp baking soda
- 1 tsp salt
- 1 ¾ cups low-fat milk
- ½ cup 100% pure canned pumpkin
- 1 large egg
- 2 TB Canola oil
- Real maple syrup for topping.

1. Combine dry ingredients with a wire whisk and set aside.
2. In large mixing bowl, beat milk, pumpkin, egg, and oil.
3. Add dry ingredients to wet and mix until wet. Batter will be lumpy.
4. Heat the griddle (use oil to coat if not using non-stick surface).
5. Pour batter on hot griddle to desired size. Cook well until pancake is bubbling and sides start to dry. Turn and cook remaining side.



*Tutti Frutti Crepes*

Serves 4

Kids love choices. Filling their own crepes is a great way for your family to have fun making their own breakfast. Go heavy on the fillings and light on the toppings and this is a positive choice for a special breakfast.

*Crepes*

- 3 large eggs
- 1 cup white flour
- ¼ cup whole wheat pastry flour
- 1 ½ cup low-fat milk
- dash of salt
- 2 TB butter
- Non-stick cooking spray (butter flavored recommended)

1. Mix the flours and salt in a small mixing bowl.
2. Measure the milk and set aside.
3. Whisk eggs in a separate bowl.
4. Pour eggs and milk into a blender or food processor and mix for 1 minute.
5. Carefully open blender while it is mixing and add flour mixture one spoon at a time. Turn off blender.
6. Melt butter in small bowl in microwave.
7. Re-start blender with lid on. Carefully remove lid and pour in butter and mix for 1 minute.
8. Heat a skillet or pancake griddle to medium low heat. Spray with non-stick cooking spray.
9. Carefully pour ¼ cup of thin mixture onto skillet and cook until bubbly and sides are brown. Flip with spatula and cook opposite side (each crepe should take 3-4 minutes total).
10. Serve plain on plate with fillings in bowls for people to fill their own.
11. Top with a thin drizzle of maple syrup.

*Tip!*

Buy frozen fruit and defrost the night before. Drain before serving.

*Fillings (fresh or previously frozen fruit)*

- Calcium Boost Cream Cheese Spread
- Blueberries
- Cherries
- Strawberries
- Peaches
- Raspberries
- Mango
- Walnuts

*Toppings*

- Real maple syrup or honey (just a drizzle)
- Low-fat whipped topping

Snacks are a recommended and healthy part of eating. Some tips for healthy snacking include:

1. Limit packaged snack foods and focus on a variety of fresh fruits and vegetables. Fun shapes and colors will encourage kids to eat more of these.
2. Don't snack close to mealtime (unless it is veggies).
3. Don't refer to junk food as snacks. Instead, be specific with yourself and your children as to what you consider a snack and what is a treat in your household.
4. Involve your whole family in choosing healthy snacks.
5. Keep portion sizes small. Portion out the appropriate amount in colorful and fun dishes and put the extra food away to discourage mindless snacking (unless the snack is vegetables).
6. If your family regularly eats packaged cookies and chips, break the habit slowly. Add more fruit and veggies and replace the worst snacks with better choices such as...



Eliminate this...	Replace with small portions of...
Potato chips/Hot Cheetos	Whole grain pretzels such as Rold Gold Honey Wheat Twists; salted sunflower seeds.
Candy	100% fruit juice gummy snacks; dried prunes, raisins, dates, or apricots
Soda Pop	Zero calorie fruit flavored water; occasional homemade smoothies or low-fat milkshakes
Packaged cookies, cake, muffins or pastries	Healthy homemade muffins or cookies (see recipes)

### Positive Choice Pumpkin Muffins

Makes 12 regular size muffins.

- 2 eggs, beaten
- ¾ cup sugar
- 1 cup 100% pure canned pumpkin
- ½ cup Canola or safflower oil
- ¼ cup carrot juice
- 1 cup white flour
- ¾ cup whole-wheat pastry flour
- 1 tsp baking soda
- ¾ tsp salt
- ½ tsp baking powder
- ½ tsp ground cloves
- ½ tsp nutmeg
- ½ tsp cinnamon

1. Preheat oven to 350 degrees.
2. Combine eggs, sugar, pumpkin, oil, and carrot juice in a medium mixing bowl.
3. Stir together flour, soda, salt, baking powder, and spices in a separate bowl.
4. Add dry to wet ingredients and stir to blend.
5. Spray muffin tins with non-stick spray (or use muffin liners).
6. Spoon batter into tin, ¾ full.
7. Bake 20-25 minutes until toothpick comes out perfectly clean when inserted in center.
8. Enjoy warm with a glass of low or non-fat milk.

Why choose WHOLE GRAIN FLOUR instead of just white flour?

By grinding up the whole grain instead of just part of the grain for flour, more vitamins, minerals, and fiber remain. Whole grain products such as whole grain pasta, bread, muffins, and cereal have more nutritional value than those made from white flour.

Whenever possible, eat the actual grain itself such as oatmeal, brown rice, quinoa, and corn, instead of products made from flour.



*Make it Healthy!*

Try substituting canned wild salmon in place of tuna to add variety and extra calcium.

Adding a small amount of minced spinach adds a nutrient and fiber boost without distracting from the sweet taste .

*Tuna Delight*

Adding crunchy and sweet elements to plain old tuna salad makes for renewed interest in an old favorite.

- 1 12-oz can of chunk light tuna, water packed
- 3 TB mayonnaise or light mayonnaise
- ½ crisp apple (such as Fuji), diced small
- 1 small celery stalk, diced small
- ½ cup snow or sugar snap peas, diced small

1. Drain tuna and mix with mayo in a medium bowl.
2. Add all other ingredients and mix.
3. Serve on whole grain crackers, whole grain dinner rolls as a mini-sandwich, or in a celery stick.



*Crunchy Trail Mix Medley*

Choose some or all ingredients from the list below to make a scrumptious snack.

Choose at least 2 of the following whole grain cereals:

- Quaker Oatmeal Squares or Barbara’s Shredded Oats
- Kashi Heart to Heart
- Nabisco Wheat Chex

Add to cereals a selection of the following:

- Spanish redskin peanuts
- Cashews
- Golden raisins
- Dried cranberries
- Banana chips
- Sunflower seeds, shelled
- Popcorn, low-salt, no trans-fat
- Dried pineapple chunks

1. Choose a balance of ingredients and mix in large bowl. Try to balance dried fruits with other ingredients so the mix is not too dry.
2. Store up to a week in airtight container or Ziploc bags.



*Tip!*

This is a great choice for kid parties and classroom snacks. Almost everyone can find something to like in this mix.

A great snack to make with help from small children, as it requires no measuring.

*Tip!*

Leave a plate of colorful veggies and healthy dip on the counter from afternoon snack time until dinner. They are hard to resist.

*Cool Cucumber Dip*

Serves 4

A refreshing and healthy alternative to store bought ranch dip, which is often loaded with monosodium glutamate and fat.

- 1 cup low-fat plain yogurt
- 4 oz low-fat cream cheese
- ½ cup cucumber, diced & seeded
- 1 clove garlic, minced
- 1 tsp dill, dried
- 1 tsp lemon juice
- 1 tsp lemon zest
- ½ tsp black pepper

1. Stir yogurt and cream cheese together until smooth.
2. Add remaining ingredients and stir to blend.
3. Serve with a variety of vegetables such as carrots, celery, sugar snap peas, tomatoes, cucumber, jicama, sweet bell peppers, broccoli.



*Apple slices with Peanut-Yogurt Dip*

Serves 4

Sliced apples (celery works fine also)

*Dip*

- ½ cup vanilla low-fat yogurt
- 5 TB peanut butter
- 1 TB low-fat dry milk (optional, for added calcium)

1. Cut apples into slices.
2. Mix ingredients for dip.
3. Serve for snack or with lunch.

*Make it Healthy!*

Choose low or non-fat yogurt with less added sugars such as Brown Cow or Nancy's brand yogurts.

Choose a peanut butter without hydrogenated oil and with moderate or no added sugar. If your family can't adjust to the natural peanut butters without added ingredients, try "Skippy Natural," which uses no trans-fat and less sugar than most leading brands.



Sending the right messages to kids about food.

What we say to kids about food makes a difference, even when we think they aren't listening. Do your best to model healthy eating and stay positive. It is always best to make little fuss over food choices and not force any child to eat anything. Here are some ways to talk to kids about food that can help it be less of a battle.



*Instead of saying...*

“If you clean your room, you can have a cookie.”

“Eat this. It is good for you.”

“Don't touch the junk food in the pantry while I'm out.”

“Have a snack” (in response to the common plea “I'm hungry” within an hour of eating dinner).

“My child doesn't like healthy food” (often said to other adults in the presence of the child).

“If you eat everything on your plate, you can have dessert.”

*Try saying...*

“When you are done with your room, let's go for a bike ride together.”

“Mmmm. This is yummy. Would you like to try it?”

“I put some cut up veggies and deviled eggs in the fridge for you.”

“I'm happy to fix you some more dinner if you are hungry.”

“My child likes some healthy foods and we are experimenting with new tastes in our family.”

Say nothing during dinner but save the plate if a moderate portion was not finished. On nights that dessert is served, you can say, “Treats come after eating a full meal. Would you like to finish your meal?”

A healthy dinner plate... might surprise you by being made up of at least half vegetables, including a leafy green vegetable several times a week. The other half can be split between protein sources and complex carbohydrates in the form of whole grains or whole grain products. Most American plates contain too much of the protein source, and very few vegetables. The grains tend to be highly processed and white such as white rolls, white pasta, and white rice.

Lean meats/  
eggs/  
Tofu and  
other protein  
sources

Whole grain  
foods: brown  
rice, quinoa,  
corn, barley,  
or whole grain  
products such  
as pasta or  
bread

Half your plate  
should be filled  
with vegetables  
and include at  
least one leafy  
dark green  
vegetable several  
times per week.



### Veggie Power Pizza

Makes 1 medium pizza

Pizza is a perennial favorite of kids. Make it yourself and it can be healthy, yummy and quick. By hiding carrot puree in the sauce, it gives your family a nice boost of Vitamin A. Since the sauce is red, kids won't see (or taste) the difference if you don't tell them.

- 1 packaged pizza crust such as Boboli whole wheat
- 1 cup spaghetti sauce such as Newman's Own or Classico
- 2-4 oz pureed carrots (baby food works great)
- 1 cup of finely diced veggies of choice such as mushrooms, red bell peppers, onion, spinach
- Approx 1 ½ cups mozzarella and cheddar cheese, finely grated

1. Preheat oven to 400 degrees. If you have a pizza stone, preheat it with the oven for a crispy crust.
2. Mix the spaghetti sauce with the pureed carrots and slather to your taste on pizza crust.
3. Sprinkle veggies over sauce.
4. Sprinkle cheese over veggies.
5. Cook until crust is browned and cheese is bubbly (about 10-15 minutes).

### Make it Easy!

Buy cheese pre-grated.

Dice large amounts of veggies on weekends and freeze in small Ziplocs in pizza size portions.

*"My kids love broccoli and actually see it as a treat."*

Kelly Mather  
Chief Executive Officer  
Sutter Lakeside Hospital  
& Center for Health

*Will kids eat broccoli?*

Not all kids (or grown ups) like broccoli, but a surprising number love it. Chances are best when broccoli is lightly steamed and is accompanied by sauce.

Broccoli is an excellent source of vitamins and fiber. It is worth the effort to help your family enjoy it.

### Sweet Broccoli Salad

Serves 4

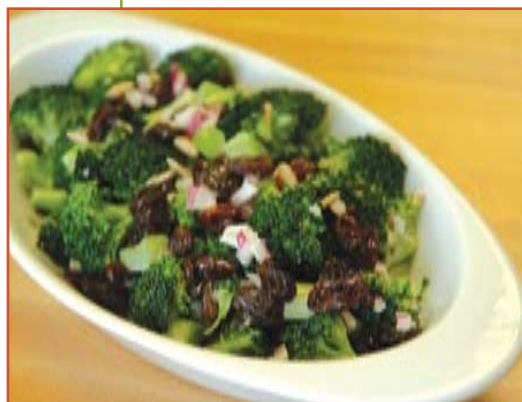
This salad is popular with even broccoli-shy folks.

- 1 large head of broccoli, chopped bite-size
- ½ cup red onion, minced
- 2 celery stalks, chopped
- 1 cup raisins
- ½ cup unsalted sunflower seeds, optional

#### Dressing

- 1/2 cup mayonnaise or light mayonnaise
- 1/8 cup vinegar
- 1/8 cup sugar

1. Very lightly steam broccoli until it is bright green, not limp or soft (approx. 3-5 minutes). Put in refrigerator to cool for 15 minutes.
2. Mix dressing ingredients and set aside.
3. Mix cooled, chopped broccoli, onion, and celery and put in salad bowl.
4. Add raisins and dressing and toss.
5. Refrigerate until completely cool.
6. Serve with a bowl of sunflower seeds for last minute topping (if you add to entire dish, seeds get soft if stored).



### Tasty Teriyaki Bowl

Serves 4

- 1 tsp Canola or olive oil
- 4 boneless, top sirloin pork chops or pork loin, cut into thick strips
- 1 large red bell pepper, slivered
- 1 cup canned baby corn, rinsed, drained & halved
- 1 ½ cups fat free, low sodium chicken broth
- ½ package whole wheat or whole wheat blend spaghetti, broken in 2 inch pieces.
- 3 TB light teriyaki sauce
- ½ cup sugar snap or snow peas
- 1 medium carrot, slivered
- ½ cup mushrooms, sliced

1. Heat a large skillet or wok over medium-high heat. Add the oil and swirl to coat the bottom.
2. Cook the meat for 3-4 minutes on each side until browned but not fully cooked
3. Stir in the bell peppers, baby corn, mushrooms and carrots. Cook for approximately 3 minutes until veggies are tender-crisp, stirring constantly.
4. Stir in the broth, spaghetti, and teriyaki sauce. Bring to a simmer, stirring constantly.
5. Reduce heat and simmer covered for 8-10 minutes or until spaghetti is tender and meat is cooked through.
6. Stir in peas. Simmer one more minute.



*"You are what you eat. Good food leads to good energy..."*

James Pretorius, M.D.  
Director of Sutter Lakeside  
Hospitalist Program

*Make it Easy!*

Use a food processor for chopping.

This dish holds up well in the refrigerator for many days so it can be made ahead.

*Superfood*

Full of fiber, vitamin A, Vitamin C, calcium, and iron, Kale is a nutritional "superfood." Along with salads, it can be sauteed with olive oil and garlic and added to stews and soups.



*Curly Rainbow Salad*

Serves 4

- 1 small bunch curly green kale
- 1 red or yellow bell pepper, diced
- 1 large carrot, grated
- 1 ½ cups purple cabbage, finely shredded
- 1 cup celery, finely chopped
- ½ cup fennel, optional

*Dressing*

- ¼ cup olive oil
- 3 TB lemon juice
- 2 TB Soy or Tamari sauce
- 1 TB apple cider vinegar
- 1 tsp minced garlic
- 1 TB sugar

1. De-stem kale and cut into small bite size pieces. Place in mixing bowl with olive oil and lemon juice. Mix and allow to sit for at least 20 minutes to soften the kale leaves.
2. Mix remaining liquid ingredients and set aside.
3. Add remaining vegetable ingredients to kale.
4. Add mixed liquids to vegetables and toss well.

*Tuna & Pineapple Kabobs*

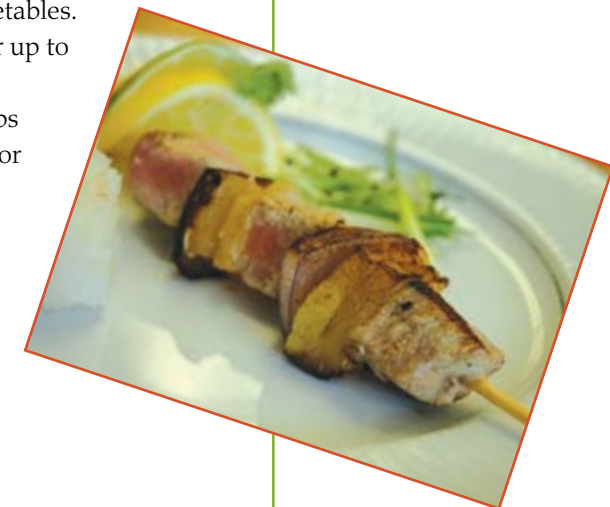
Serves 4

- 1 lb Ahi tuna steaks (also called Yellowfin)
- ½ fresh pineapple, cored and cut into chunks
- 2 green bell peppers, cut in chunks
- 1 large, sweet, yellow onion, cut in chunks
- 10-15 mushrooms, leave whole

*Marinade*

- ½ cup pineapple juice
- ¼ cup lime or lemon juice
- 4 TB olive oil
- 2 TB Worcestershire sauce
- 1 tsp minced garlic
- 1 tsp ground ginger
- ½ tsp coarsely ground pepper

1. Place tuna, pineapple, pepper, onion, and mushrooms in shallow bowl or large Ziploc baggie.
2. Mix marinade ingredients holding back 2 TB of olive oil for basting.
3. Pour marinade over fish and vegetables. Gently mix to coat. Let marinate for up to 30 minutes.
4. After marinating, assemble kabobs alternating ingredients on wooden or metal skewers.
5. Grill on indoor grill or broil, turning every 4 minutes until done and basting with remaining olive oil. Vegetables should be softened and tuna should be just pink in the middle. Approximately 10-12 minutes.



*Make it Easy!*

Use canned pineapple in place of fresh.

Kabobs can be prepared beforehand on skewers and refrigerated.

Basting too much trouble? Use spray oil during cooking instead.

Don't have skewers? Lay ingredients flat on a baking pan and broil.

*What is quinoa?*

Pronounced “keen-wa,” this nutty seed has been eaten in South America for centuries. It is just beginning to become known in America and can now be found at many grocery stores near the rice and pasta. It is full of fiber, protein, and a variety of vitamins and minerals. When cooked, it is fluffy, resembling rice.

The most common mistake in cooking quinoa is not rinsing it well. It has a coating called saponin that protects it from birds and insects. This must be rinsed off or the grain is bitter.

*Quinoa Confetti*

Serves 4

A mild, nutty and incredibly nutritious side dish.

- 1 cup quinoa, rinsed well
- 2 TB olive oil
- ½ cup onion, minced
- ¼ cup celery, minced
- ½ lb fresh mushroom, minced
- ½ cup red bell pepper, minced
- ½ cup carrot, minced
- 1 tsp garlic
- 1 ½ cup low-fat, low-salt chicken broth
- ¼ tsp pepper

1. Rinse quinoa thoroughly, taking time to rub the grains together under running water.
2. Heat oil in a medium skillet or saucepan with a lid.
3. Sauté veggies in oil for 3-5 minutes.
4. Add quinoa and stir to coat in oil.
5. Add broth and bring to boil.
6. Lower heat, cover and simmer for 10 minutes.
7. Fluff and serve hot.

*Mini-Muffin Meatloaf*

Fills approximately 6 medium muffin tins.

These fun “muffins” help diners determine what a healthy portion of meat should look like.

*Meatloaf*

- ¾ lb ground beef (best choice is extra lean with no more than 7% fat)
- 1 cup Italian breadcrumbs (whole grain if available)
- ¼ cup ketchup
- ½ cup finely shredded carrots
- 1 egg, slightly beaten
- ½ tsp salt

*Homemade Ketchup*

- 6 ozs tomato paste
- ½ cup carrot puree (one baby food jar)
- 2 TB apple cider vinegar
- ½ tsp garlic powder
- 1 TB brown sugar, firmly packed
- ½ tsp dry mustard
- ¼ tsp salt
- ¼ tsp chili powder
- ¼ tsp allspice

1. Preheat oven to 400 degrees.
2. Combine all meatloaf ingredients.
3. Roll a handful of beef mixture in a ball, push into medium size muffin tins to fill cup to top.
4. Mix all ketchup ingredients and slather on top of meat.
5. Cook for 15 minutes and serve.

*Make it Easy!*

Make meatloaf muffins ahead and freeze in muffin tin. Defrost 2 hours ahead, add ketchup, and cook.

Use pre-packaged ketchup if time doesn't allow for homemade. Preferably a healthy brand such as Annie's Naturals.



*Make it Easy!*

Buy bagged baby spinach to save some time.

Mix dressing in double batches and heat only the portion you need. Save the rest for later.

*Tangy Spinach Salad*

Serves 4

Wilting spinach is easy with a warm dressing and makes the leaf more friendly to those who are yet-to-be spinach lovers.

**Salad**

4 cups baby spinach leaves  
1 yellow, red or orange bell pepper, cut in thin slivers

**Dressing**

2 TB Balsamic vinegar  
1 TB white vinegar  
1 TB olive oil  
1 tsp sugar  
1 tsp minced garlic  
1 tsp lemon juice

*Tangy Spinach Salad can't***Toppings**

*(The more choices the better)*

- Bacon bits salad topping
- Sunflower seeds, shelled and unsalted
- Walnuts
- Dried cranberries
- Mandarin orange slices, drained

1. Mix dressing ingredients and set aside.
2. Toss spinach with bell pepper slivers.
3. Heat dressing for 1 minute in microwave or until just bubbly hot.
4. Toss heated dressing with spinach mixture.
5. Serve toppings buffet style.

*Tip!*

Modeling healthy choices affects your kids. Research suggests that kids will eat more of a type of food if people around them eat more of it. Thus, when parents model good eating habits, kids eat better also.

Kids need exposure to a variety of food, even if they don't eat it at first. Quietly encourage them to try new foods, but don't force. Eventually, their tastes will expand.

When older siblings begin to sample and eat a wider variety of foods, explain that this is part of growing up. Kids strive to be grown up and will positively associate new tastes with maturity.



*Make it Easy!*

Cut potatoes into large wedges instead of fry size slices.

*Sweet Potato Fries*

Serves 4

These mildly sweet and salty baked fries are loved by kids and parents alike.

4 medium sweet potatoes or yams  
 4 egg whites, whipped until frothy  
 Salt and pepper lightly to taste

1. Preheat oven to 400 degrees.
2. Spray cooking oil on cookie sheet or flat baking pan.
3. Peel and cut sweet potatoes into fry size slices.
4. Place slices into bowl with whipped egg whites. Toss until slices are fully covered.
5. Place potato slices on cookie sheet and salt/pepper to taste.
6. Cook until browned and fully done (about 30 minutes).



*Tortilla Soup*

Serves 6

2 skinless, boneless chicken breasts, cooked and shredded  
 6 cups low-fat chicken broth  
 2-3 cups diced tomatoes with green chilies  
 1 15-oz can of black beans  
 1 15.25-oz can of corn  
 1 cup green bell pepper, chopped  
 1 cup carrots, thinly sliced  
 ¼ tsp chili powder  
 1/2 cup cilantro  
 Black pepper to taste  
 1 package of 12 corn tortillas

*Garnish choices:*

Grated cheddar cheese  
 Extra cilantro  
 Cubed avocado

- 1) In large crockpot, combine all ingredients except the corn, black beans and tortillas. Cook for 3 hours.
- 2) Add corn and beans the last 30-60 minutes.
- 3) Cut tortillas in strips and layer in the bottom of soup bowls. Ladle soup over strips.
- 4) Garnish and serve.



*Fast Food Tip!*

Fast food, such as Burger King, McDonalds, and Taco Bell, won't hurt you once in a while. Save your visits for when you're on a road trip and really need the convenience. If you visit more than once a month, think about how you can do more meal planning and less eating out.

When visiting, make your choices wisely such as skipping the soda and fries and ordering water and a side of sliced apples instead.

For added willpower, stick to using the drive-through. Going inside and smelling the french fries makes ordering a salad a tough choice.

*Fast Food Friday!*

Here is a suggested menu for those nights you are tempted to eat a Whopper and fries on the run. This dinner takes just one quick trip to the grocery store and a few minutes in the microwave.

- Pre-roasted chicken (found at most grocery stores in warming display)
- Creamy tomato soup (try a healthy brand such as Imagine or Pacific)
- Bagged green salad
- Whole grain rolls (try Orowheat Whole Wheat Dinner Rolls)
- Lowfat milk



*Greens + Grains Casserole*

Serves 4

- 1 lb of boneless, skinless chicken breast, cut in 2 inch strips
- 1 cup brown rice
- 2 cups low-fat, low-salt chicken broth
- 1 cup broccoli crowns, finely chopped
- 1 cup carrots, shredded or diced
- 1 cup fresh spinach, finely chopped
- ½ cup mushrooms, finely chopped
- 4 TB olive oil for sautéing
- 1 cup sharp cheddar cheese, finely grated
- 1 cup low-salt Tamari soy sauce

1. Place cut and washed chicken into Ziploc baggie with Tamari for quick marinating (minimum 20 minutes)
2. Start brown rice cooking per package instructions using broth in place of water.
3. Cut veggies and set aside.
4. Sauté garlic in olive oil for 2 minutes. Add veggies and continue to sauté on medium until cooked (approx. 7-10 minutes)
5. Grill or broil chicken until done.
6. When rice is done, mix together with sautéed veggies and fill the bottom of a casserole dish. Lay grilled chicken strips across rice. Sprinkle cheese across top of chicken and rice. Cover with aluminum foil.
7. Heat at 350 degrees until cheese melts and dish is heated through (about 20 minutes).

*Make it Easy!*

Buy chicken tenders or skinless, boneless breasts.

Cut veggies on weekends and store for weeknights.

Pre-cook brown rice and store in refrigerator.

*"Eating food for energy is always the most positive choice. The natural foods such as greens and grains will help you stay energized..."*

Kelly Mather  
 Chief Executive Officer  
 Sutter Lakeside Hospital & Center for Health

*Should I buy "organic" produce?*

Organic vegetables are grown without synthetic pesticides or fertilizers. They also haven't been irradiated or genetically modified.

If you want to lessen the risk of these factors affecting your health, or the health of our planet, choose organic produce.

Eating organic is encouraged, however, eating non-organic vegetables/fruits is better than eating no vegetables/fruits.

*Carrot & Cranberry Winter Salad*

Serves 4

An easy side dish that your family will gobble.

**Salad**

- 2 medium, crisp apples such as Fuji or Honey Crisp, diced into bite-size pieces
- 1 large carrot, grated
- 1 small handful of dried cranberries
- 1 small handful of raisins

**Dressing**

- 2 TB mayonnaise or light mayonnaise
- 1 TB honey
- ½ tsp lemon juice

1. Mix dressing ingredients and set aside.
2. Mix remaining salad ingredients.
3. Combine dressing and salad.



*Turkey Mango Tacos*

Serves 4

These tacos are a low-fat twist to regular tacos. The mango adds moisture and can take the place of sour cream. By offering a variety of toppings, your family can enjoy making their own unique creations.

- 1 lb. ground turkey
- ½ package of taco seasoning
- 1 large can (30 oz) vegetarian refried beans or refried black beans
- 2 cups cheddar and/or Jack cheese, shredded
- 2 cups purple cabbage, finely shredded OR 2 cups lettuce, shredded
- ½ cup onion, diced
- 3 mangoes, cubed (fresh or previously frozen)
- 12 corn tortillas
- Canola cooking spray

1. Place cheese, cabbage, lettuce, onion, and mango in separate bowls for self-serving.
2. Brown turkey meat in skillet. Add ½ package of taco seasoning per instructions.
3. While turkey finishes cooking on medium heat, heat a non-stick skillet on medium-high and spray with cooking spray. Heat tortillas on each side for approximately 2 minutes or until they soften and brown a bit.
4. Heat beans in microwave serving bowl.
5. Serve tortillas on plates and allow diners to fill with other ingredients at the table buffet-style.

*Make it Easy!*

Buy pre-shredded cheese and purple cabbage.

Buy cubed, frozen mango and defrost.



### Tex Mex Coleslaw

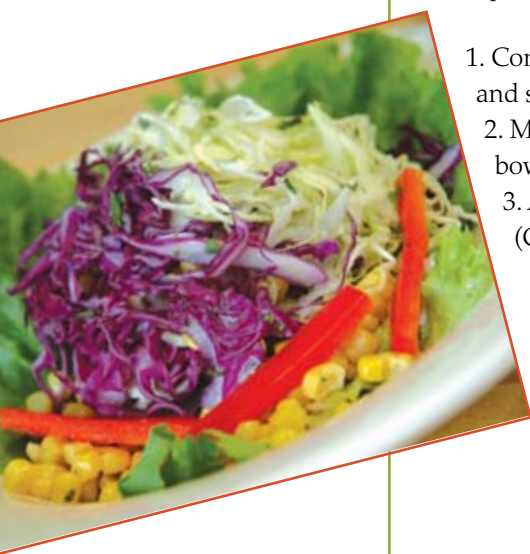
Serves 4

- 2 cups green cabbage, shredded
- 2 cups purple cabbage, shredded
- 1 cup red bell pepper, thinly sliced
- 1 ½ cups yellow cooked corn
- ½ cup fresh cilantro, chopped leaves only
- 1 cup black beans, optional

#### Dressing

- ½ tsp garlic powder
- 2 ½ TB cider vinegar
- 1 TB water
- ½ tsp ground cumin
- ½ tsp dry oregano
- 3 TB Canola oil
- 2 tsp sugar
- ½ tsp salt

1. Combine the dressing ingredients in a small bowl and set aside.
2. Mix all vegetable ingredients in a large serving bowl.
3. Add dressing to vegetables. Toss and serve. (Chilling for up to an hour enhances flavor)



A treat is often a high fat, high sugar, or high salt food that is meant to be eaten occasionally in small portions, not daily. The most positive choices for treats are those that are not just empty calories such as potato chips or crème puffs. Instead, choose treats that come with a dose of nutrients. Here are a few examples of family-friendly, homemade treats.

### Creamy Chocolate Milk Shake

By substituting frozen over-ripe bananas for ice cream in this shake, you lower the fat, calories, and sugar and add a healthy dose of potassium.

Mix following amounts per person:

- ½ cup low or non-fat milk
- 1 whole over-ripe, frozen banana
- 1 TB non-fat powdered milk
- 3-4 TB of instant chocolate milk powder (such as Ovaltine)
- 2 TB of low-fat vanilla yogurt such as Nancy's or Brown Cow

1. Mix all ingredients in a blender or food processor until creamy.

#### Alternatives to sugar?

There are several alternatives to processed sugar that are sweet, yet help to slow or decrease the "sugar rush" that sugar creates in the bloodstream. This slowed or decreased absorption gives these sweeteners a lower rating on the "Glycemic Index" (GI). Food with a low GI score help to maintain lower blood sugar levels and thus are useful in preventing and treating a variety of health problems.

Such alternative sweeteners include stevia, xylitol, and agave nectar. These alternatives are beginning to show up on regular store shelves, but can reliably be found at natural food stores or for purchase on the Internet.

#### LIMIT ADDED SUGAR

There has been much discussion about high fructose corn syrup and its link to obesity. Nutritionists are divided about the issue but do agree on one thing; Americans are eating and drinking too much of it, and it is contributing to a variety of serious health problems.

The United States Department of Agriculture recommends we take in 10-12 teaspoons or less of sugar a day whether it is in the form of corn syrup or regular white sugar. One 12-ounce soda can have up to 13 teaspoons of sugar. A Lunchable can have up to 19 teaspoons of sugar. A Yoplait yogurt can have 8 teaspoons.

### Oatmeal Energy Bars

An energizing mix of ingredients that can be adjusted to your family's tastes.

- 1 cup butter, softened
- 1 cup sugar
- 2 eggs
- 1 tsp vanilla
- ½ cup whole wheat pastry flour
- ¾ cup white flour
- ¼ cup wheat germ or almond meal
- 1 tsp baking soda
- dash of salt
- ½ tsp cinnamon
- ½ cup carrot, finely grated
- 2 heaping tsp applesauce, unsweetened
- 3 cups whole old-fashioned oatmeal

1. Preheat oven to 350 degrees.
2. Cream together butter and sugar in large mixing bowl. .
3. Mix in eggs and vanilla.
4. In a second bowl mix flours, wheat germ, soda, salt, and cinnamon.
5. Add dry ingredients to butter mixture and mix.
6. Roll in oatmeal.
7. Roll in all optional ingredients.
8. Pour mixture into oiled 13 x 9 inch baking pan and smooth mixture flat.
9. Cook for approximately 30 minutes or until browned on edges and firm in the center
10. Cool before cutting into bars.

Optional add-ins (choose at least one dried fruit and one nut for good texture)

½ cup raisins, dried cranberries, or dried apricot pieces

¼ cup walnuts, peanuts, or slivered almonds

¼ cup pumpkin or sunflower seeds, unsalted

½ cup chocolate chips  
sprinkle of flax meal

½ cup shredded coconut

### Rockin' Raisin Pie

A wonderfully sweet pie that uses little added sugar and satisfies your sweet tooth along with giving you a good dose of iron. It is a great replacement for mince meat on holidays.

- 2 cups raisins
- 1 ½ cups water
- 2 TB brown sugar, packed
- 2 TB cornstarch
- ½ tsp cinnamon
- ¼ tsp salt
- 1 TB white vinegar
- 1 TB butter

2 regular frozen pie crusts (double the filling for deep dish)

1. Combine raisins and water in a small saucepan.
2. Boil for 5 minutes.
3. Mix sugar, cornstarch, cinnamon, and salt together and add to hot raisins.
4. Cook and stir for 3 minutes.
5. Remove from heat and add vinegar and butter.
6. Cool slightly.
7. Turn filling into pie crust. Cover with top crust and seal edges. Cut slits in top crust.
8. Bake at 400 degrees for 25-30 minutes.

### Tip!

Check the ingredients closely on pie crust as it often has trans-fat. Choose a brand such as the Safeway brand that does not list "hydrogenated oil" in the ingredients list.



# Positive Choices

## MENU OPTIONS

Pick and choose what you'd like to add to your own menu planning chart.

MEAL	These items are simple or make-ahead options ideal for busy weekdays.					More complex fare for weekends.	
BREAKFAST CHOICES	French Toast Waffle Sticks  Low-fat Vanilla Yogurt with Berries	Honey Bran Muffins  Super Boost Smoothie	Scrambled Eggs with Bacon Bits (Bits Are Sold as Salad Toppings)  Bagel with Calcium Boost Spread	Cold Cereal with Low-fat Milk  Fresh Fruit	Cheesy Egg Puffs  Sliced Fresh Fruit	Fluffy Pumpkin Pancakes  Turkey Sausage	Tutti Frutti Crepes
LUNCH OPTIONS	Sandwiches/roll-ups: egg salad, tuna salad, chicken, turkey, cheese, peanut butter & jelly  Yogurts with fruit or granola to mix in.					Cut up veggies and fresh fruit (make it colorful and interesting)  Cheese cubes, pretzels, homemade oatmeal cookies, popcorn, smoothies, cottage cheese with fruit.	
SNACK OPTIONS Mix & match with fruit/vegetable	Positive Choice Pumpkin Muffins	Frozen Blueberries and Grapes	Tuna Delight on Whole Grain Crackers	Crunchy Trail Mix Medley	Yogurt Topped with Fresh Fruit	Mixed Cut up Veggies with Cool Cucumber Dip	Apple Slices with Peanut Butter/ Yogurt Dip
DINNER OPTIONS	Veggie Power Pizza  Sweet Broccoli Salad	Tasty Teriyaki Bowl  Curly Rainbow Salad	Tuna Pineapple Kabobs  Quinoa Confetti	Mini Muffin Meatloaf  Sweet Potato Fries  Tangy Spinach Salad	<i>Fast Food Friday!</i> Baked Chicken To Go  Bagged Salad  Creamy Tomato Soup & Whole Grain Rolls	Greens & Grains Casserole  Carrot & Cranberry Winter Salad	Turkey Mango Tacos  Tex-mex Coleslaw
TREAT OPTIONS	Creamy Chocolate Milkshake		Oatmeal Energy Bars		Popcorn with Light Salt and Butter		Raisin Pie

Recipes in orange are provided in this guide.

# Positive Choices

## MEAL PLANNING GUIDE

Week of \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BREAKFAST</b> Strive to include protein, fruit, one whole grain, and a calcium source							
<b>LUNCH</b> Strive to include protein, a vegetable, a calcium source and one whole grain.							
<b>SNACKS</b> Snacks are mini-meals, not treats. Strive for 2-3 vegetables/fruits for snack a day and a calcium source.							
<b>DINNER</b> Strive for at least 2 vegetable servings, a lean protein and a whole grain.							
<b>TREATS</b> Limit treats to 2-3 a week or less							
<b>Veggie count for the day!</b>							

Strive for 6-9 servings of fruits and vegetables.

*If you fail to plan, you are planning to fail.  
 Instead, visualize success and use that vision to inspire solid planning.*

Want to learn more about eating healthy? Find a new recipe? Have a health question? Here are some additional books and websites that we recommend.

## Books

*Healthy Lunchbox*, by Rallie McAllister, M.D.

This guide to good eating for families shares basic nutritional information along with recipes and ideas for helping kids (and yourself) stay healthy.

*Eat Healthy, Feel Great*, by William Sears, M.D. and Martha Sears, R.N.

This kid's picture book is the best book we've found to introduce children ages 5-10 to some basic concepts in nutrition. It utilizes a system of categorizing food into green light, yellow light, and red light foods that helps kids navigate healthy eating.

*Ending the Food Fight*, by David Ludwig, M.D., PhD

Designed for families struggling with overweight kids, this book gives great advice about how to change dietary habits in families. It also offers some basic recipes and general information about healthy eating.

*Fresh Produce Guide*, by Henry Richter, M.D.

A simple guide to fruits and vegetables. Gives information about 300 varieties of produce, how to prepare them and store them. If you ever felt lost in the produce aisle or wondered what the most nutritional vegetables are, this is the guide for you. Has a useful menu guide and recipes.

*Deceptively Delicious*, by Jessica Seinfeld

This book has recipes using the simple secret of adding pureed vegetables to everyday foods to increase children's vegetable intake. Also offers practical advice about feeding kids.

[www.allrecipes.com/recipes/Healthy-Living/](http://www.allrecipes.com/recipes/Healthy-Living/)

This recipe site is a branch of the larger Allrecipes.com. It focuses on healthier recipes than the larger site.

[www.mayoclinic.com](http://www.mayoclinic.com)

A well-rounded and reliable site on general health issues, including healthy eating. For recipes, click on the "Healthy Living" tab, then the "Healthy Recipes" link. Also, for more information on why you shouldn't eat trans-fat, search this site using the term "hydrogenated oil."

[www.sutterlakeside.com](http://www.sutterlakeside.com)

Check out schedules for local fitness classes and wellness education opportunities available at Sutter Lakeside Hospital.

[www.sutterhealthtv.com/health/](http://www.sutterhealthtv.com/health/)

Choose "trans-fat" under "Health Topics" to learn what trans-fat is and why you should avoid it.

[www.webmd.com](http://www.webmd.com)

This site is full of useful health information about a variety of topics. Check out the "Healthy Eating" link for information and articles about eating for health.

[www.whfoods.org](http://www.whfoods.org)

An excellent educational and recipe site that offers information about the value of eating whole foods and organic foods. Offers weekly recipes.





## Wellness Coaching available at the Wellness Center!

If you need help creating a health improvement program or help staying on track, then consider wellness coaching. Start with a free 15-minute coaching session with a nutritional counselor, personal trainer or wellness coach. If you would like the assistance of a wellness coach over a longer term, consider taking advantage of our wellness coaching program to help you create a healthier you!

For more information, contact the Wellness Center at 707.262.5171



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